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Housekeepers' Chat

Friday, November 1, 1929.

NOT FOR PUBLICATION

Subject: "Pork in Preferred Ways." From Bureau of Home Economics, U.S.D.A.

Bulletin available: "Pork in Preferred Ways."

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"Pork in Preferred Ways" is the title of our talk today, and "Pork in Preferred Ways" is the title of the new leaflet I want to send you. Just off the press, is this collection of pork receipes. And how appetizing they sound! You can just tell that the Recipe Lady had something to do with this leaflet.

The first recipe is for Roast Fresh Ham, and right close to that, a recipe for Savory Brown Gravy. Turn to the next page, and you'll find out how to prepare Panned Pork Chops, and Stuffed Rib Chops with Apples. There's a picture of a dish of Stuffed Rib Chops with Apples, which I'm sure the Recipe Lady must have cooked. On the next page there are directions for bread and Pork Fillets and Roast Loin of Pork.

And would you like to know how to prepare a Roast Stuffed Pork Shoulder? Here you are -- I mean here it is, on page six. Here's the recipe for Savory Stuffing, too, which goes with the pork shoulder.

Then, for variety, it's nice to serve Pork Chop Suey sometimes--Pork Chop Suey with hot flaky rice. Directions on page seven.

And that's not all. From this leaflet you may learn how to cook Sausage and Fried Pineapple, how to make Glazed Apple Rings, to serve with hot roast pork or cold cuts; how to prepare Roast Stuffed Spareribs, and Candied Sweet Potatoes. All these recipes, free, provided you send before the supply is exhausted.

Do you know that pork makes up nearly half of the meat eaten in the United States? Although most of the pork reaches us as cured ham, shoulder, bacon, and other preserved products, modern refrigerating methods make it possible for us to have an abundant supply of the fresh meat at all seasons.

As I have said before, pork should always be served well done. Thorough cooking is necessary, because pork sometimes contains the trichina parasite, which, if not destroyed, may cause illness. Since this organism is killed when heated to 137 degrees Fahrenheit, there is ample margin of safety when pork is cooked to the well-done stage, 182 degrees.

Boned hams and shoulders, stuffed with well-seasoned bread crumbs and roasted to a turn, are easy to carve and are attractive when served either hot or cold. As a luncheon or supper dish, cold roast pork is excellent in thin slices with a colorful garnish. Since its flavor is often as delicate as that of chicken, every bit of cooked lean pork can be utilized in the making of delicious sandwiches, salad, and many other dishes.

On our menu today, we are featuring a Roast Loin of Pork with Glazed Apple Rings. Besides this appetizing dish, we are serving Browned Potatoes; Brussels Sprouts or Spinach; Fruit Cup and Spice Cake.

Since you do not yet have a copy of the Pork Leaflet, I'll read the directions for Roast Loin of Pork: (Read slowly)

Have the butcher crack the bones of a pork loin roast so that it can be carved in slices between the ribs. Wipe the meat with a damp cloth. Sprinkle with salt and pepper and rub with flour. Lay the loin, ribs down and fat side up, on a rack in an open roasting pan. Sear the meat for 30 minutes, or until lightly browned, in a hot oven 480°F., then reduce the temperature rapidly to very moderate heat (300° to 325°), and cook until the meat is tender. A loin weighing from 4 to 5 pounds will probably require from two to two and one half hours when these oven temperatures are used.

A roast-meat thermometer can be used in a loin just as in a ham. Stick the thermometer into the meat so that the bulb reaches the center of the thickest part of the roast. The loin will be done when the thermometer registers 185°.

Here's the recipe for the Glazed Apple Rings: (Read slowly)

Cook together 1 cup of water, 1 cup of sugar, and one-eighth teaspoon of salt for about 10 minutes and add 2 tablespoons of butter. Wash, core, and pare four large, tart, firm apples, and cut them crosswise into three or four thick slices. Place the apple rings in a single layer in a buttered shallow pan. Pour the hot sirup over the apple rings, cover, and cook slowly in a moderate oven (350°F.) until the apples are tender. Remove the cover from the pan, continue to cook the apples until the sirup becomes thick and slightly browned, and turn the slices occasionally. Serve the glazed apple rings with hot roast pork or chill them and serve with cold cuts.

Perhaps I'd better read this recipe again: (Repeat)

To repeat the menu: Roast Loin of Pork with Glazed Apple Rings; Browned Potatoes; Brussels Sprouts or Spinach; Fruit Cup and Spice Cake.

Housekeepers' Chat

Monday, November 4, 1929.

Not for Publication

Subject: "Tempers and Food." Quoted material from New York State Colleges of Agriculture and Home Economics. Approved by Bureau of Home Economics U.S.D.A.

Bulletins available: "School Lunches"; "Home Storage of Vegetables"; "Aunt Sammy's Radio Recipes."

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Have you ever visited in a home where tempers and food are combined? Tragic, isn't it. Most people are on their good behavior when visitors are present, but sometimes quarreling becomes such a habit that no meal is entirely free from it. I read a good paragraph this morning, on the subject of "Tempers and Food."

"The best cherry pie in the world, the prettiest china, and the most attractive dining-room count very little in making a meal a success if it is accompanied by family quarrels. Parents who fall into the habit of giving way to strained nerves by unpleasantness and bickering at meals, usually are not aware of the far-reaching and harmful effect this has on their children.

"Meals should be pleasant social functions, not battlegrounds. Father may feel relieved, temporarily, if he takes out on mother at dinner what he feels toward a business associate. Mother may think that she is justified in making a cutting remark in return. Neither realize how disastrous the effect may prove.

"Take advantage of meals as chances to knit the family together. Don't spoil the happiness and therefore the appetite and digestion of the children, and do not cause them distress. The child who must sit by, day after day, to see and hear his parents quarrel is robbed of a sense of security that can be had only when harmony exists. His natural faith in the two great authorities in his world is badly shaken when he sees them quarreling; and the confusion this produces may be decidedly harmful. For the health, happiness, and future success of children, parents will do well never to combine tempers and food."

Now, don't you think that was worth reading?

Here's another item I've been saving to read you. It won't take long -- You can be getting your pencils and paper while I read:

"A regular place for wraps, over-shoes, school books, and lunch boxes will work wonders in homes where there are children of school age. The last-minute hunt for wraps, rubbers, caps, and over-shoes is a daily cause of temper and worry in many homes. This source of trouble can be removed by

having a place for each article for each child. A clothes closet on the first floor may be provided with plenty of hangers for coats, placed low enough for the children to reach; shelves of the right size for over-shoes and hats; and drawers with partitions for gloves or mittens. Snap clothespins, marked with the child's name, keep pairs of rubbers together.

"If there is a radiator in the closet, damp clothes may be hung on their regular hangers to dry. Linoleum on the floor makes it easy to keep the place clean. When the children are taught the habit of going directly to the wardrobe when they come into the house, and putting each article of clothing in its proper place, time and tempers will no longer be lost in searching for mislaid articles. Shelves for school books, and a definite place in the kitchen where each child can leave his lunch box at night and find it packed in the morning, also help."

Which brings us to the subject of school lunches. Not that I have anything special to say on the subject, but since we are brought to it, perhaps I should mention the bulletin on "School Lunches." If you have lunches to pack at home, or if you help prepare hot lunches at school, you will find this bulletin a help.

And while we are on the subject of bulletins, I really should say something about the one on "Home Storage of Vegetables." If you want information on storing cabbage, turnips, celery, onions, potatoes, pumpkins, apples, and so forth, send for this bulletin.

Already, I am getting lots of requests for a fruit cake recipe. Do you know that there is a good recipe in the Radio Cookbook? The radio fruit cake is a dark fruit cake, made with spices. You could, of course, make a lighter-colored cake by simply omitting the spices.

Now let's write the menu for today. If you served a roast loin of pork yesterday, it is quite likely that you had some left over. In which case the logical thing to do is to serve cold roast pork loin today. So our menu will read like this: Cold Roast Pork Loin; Creamed Celery (cream the outside stalks); Scalloped Tomatoes; Dill Pickles; and Brown Betty.

Do you have a recipe for Brown Betty? Then you may like to use mine. Six ingredients, for Brown Betty:

3 pints of apples, cut in very small pieces, or dice
4-1/2 cups bread crumbs (toasted until crisp and light brown)
1-1/8 cups sugar
3/4 teaspoon ground cinnamon or nutmeg
3 tablespoons melted butter, and
1/4 teaspoon salt.

Six ingredients, for Brown Betty: (Repeat).

Select tart, well-flavored cooking-apples. Peel them, and cut into very small pieces, or dice. Break the bread into small pieces. Dry it out in

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the oven, until it is crisp, and delicately browned. Butter a medium-sized baking dish. Place in it a layer of bread crumbs, then a layer of apples. Add some of the spice, sugar, and salt. Repeat until all the ingredients are used. Save enough of the crumbs for the top. Pour the butter over the crumbs. Cover and cook until the apples are soft. Serve hot, with plain or whipped cream, or with hard sauce.

Let's read the menu again: Cold Roast Pork Loin; Creamed Celery; Scalloped Tomatoes; Dill Pickles; and Brown Betty.

Tomorrow: "Curtains That Add Charm."

